Recipe book includes skill rating!

Making it even easier to make your favourite meals but with our easy step by step guide you won’t need to be a chef to master all the stars!

Always consult with a specialist dietitian before commencing a ketogenic diet. KetoCal is a Food for Special Medical Purposes for use under medical supervision.
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Useful Tools

This recipe book has been carefully created with special thanks to ketogenic chef Neil Palliser-Bosomworth, and input from specialist ketogenic dietitians Helen Grossi and Mary-Anne Leung. The recipes are based on everyday meals that we hope you will love.

The tools listed on this page will come in handy when making these delicious meals. Have fun making them!
Hints and Tips

- Weigh all ingredients before preparing your chosen recipe.
- After weighing a dry ingredient, you may “zero” the scales to carefully add another dry ingredient to the same container. Weigh the higher volume ingredients last.
- Recipes with KetoCal may cook or bake faster than regular recipes. You may need to adjust the baking time to prevent overcooking.
- Use silicone muffin trays. This will keep the fat from seeping away from the product. Do not use paper liners as they will absorb the fat.
- Why not bulk cook these recipes by multiplying up the quantities or halving them if required. Just ensure you alter all ingredients in the recipe!
- Use a rubber spatula to fully clean each container.
- Do not microwave KetoCal as this form of heating can denature some of the vitamins and minerals in the product. Likewise do not boil recipes with KetoCal in them. Always add KetoCal at the end of cooking unless otherwise instructed in the recipe.
- KetoCal can be flavoured with sugar free Da Vinci syrups. Speak to your dietitian for more information.

Ketocal is a Food for Special Medical Purposes for use under medical supervision.
Hints and Tips

East End coconut flour is used in some KetoCal recipes, however, it is possible to use desiccated coconut as a substitute providing the nutritional content is suitable with each recipe.

When using desiccated coconut:
A little preparation is required first. Start by drying the coconut by placing the desired amount of desiccated coconut into the oven at 80°C to warm through. Be careful not to brown the coconut. Once dried, the coconut can then be ground. The most effective way to do this is to put it through a coffee grinder, which should give a fine smooth coconut flour, perfect for using in KetoCal recipes.

Desiccated coconut can be purchased from:
Crazy Jack desiccated coconut from www.organicdelivery.co.uk or www.sainsburys.com. This brand has the same fat, carbohydrate and protein content as the coconut flour used in the recipes.

Please note: Other desiccated coconut brands may have a slightly different nutritional content.

Ketocal is a Food for Special Medical Purposes for use under medical supervision
Smoothies

A delicious collection of smoothie recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blueberry Smoothie

Skill Rating

Recipe serves: 1
Preparation time: 10 mins

Novice Expert
Blueberry Smoothie

**Ingredients:**

- 100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 50g blueberries
- Hermesetas liquid sweetener
- 4x ice cubes

**Method:**

1. Place KetoCal LQ, blueberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

**Approx per serving** | **MKD exchange value**
--- | ---
Fat | 14.9g
Protein | 3.4g
Carbohydrate | 4.1g
Kcal value | 164
Ketogenic ratio | 2:1

Please refer to your dietitian before making any adaptations to the recipes
Raspberry Smoothie

Skill Rating

🌟🌟🌟🌟🌟

Novice Expert

Recipe serves: 1
preparation time: 10 mins
Raspberry Smoothie

Method:
1. Place KetoCal LQ, raspberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

Ingredients:
100ml KetoCal LQ (Unflavoured or Vanilla)
62g fresh raspberries
Hermesetas liquid sweetener
4x ice cubes

Please refer to your dietitian before making any adaptations to the recipes

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Chef's tip:
Sieve blended smoothie to remove any seeds
Strawberry Smoothie

Skill Rating

Novice ★★★★★ Expert

Recipe serves: 1
preparation time: 10 mins
Strawberry Smoothie

Method:
1. Place KetoCal LQ, strawberries, a big squirt of sweetener and ice cubes into a blender
2. Blend for approx 1 min (or until mixture is smooth)

Ingredients:
- 100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 54g fresh strawberries
- Hermesetas liquid sweetener
- 4x ice cubes

Chef’s tip:
Sieve blended smoothie to remove any seeds

Approx per serving | MKD exchange value
---|---
Fat | 14.9g
Protein | 3.5g
Carbohydrate | 3.9g
kcal value | 163
Ketogenic ratio | 2:1

Please refer to your dietitian before making any adaptations to the recipes
Chocolate Smoothie

Skill Rating
Novice
Preparation time: 10 mins
Recipe serves: 1
Chocolate Smoothie

Method:
1. Melt the chocolate in the microwave
2. Place with KetoCal LQ, cocoa powder, a big squirt of sweetener and ice cubes into a blender
3. Blend for approx 1 min (or until mixture is smooth)

Ingredients:
- 100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 5g plain chocolate
- 2g Bournville cocoa powder
- Hermesetas liquid sweetener
- 4x ice cubes

Chef’s tip:
Please take care not to use drinking chocolate

Please refer to your dietitian before making any adaptations to the recipes

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Milkshake

Skill Rating

Recipe serves: 1
preparation time: 2 mins
**Milkshake**

**Ingredients:**
- 200ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 98g semi-skimmed milk
- 5g Da Vinci Syrup*

**Method:**
1. Mix a carton of KetoCal LQ with semi-skimmed milk and then add Da Vinci flavoured syrup* to taste

**Chef’s tip:**
Use a KetoCal Shaker to measure and mix your milkshake quickly

*Da Vinci syrups can be ordered online or through Matthew’s Friends. They come in a range of flavours including caramel, cookie dough, hazelnut, chocolate, strawberry and many more

Please refer to your dietitian before making any adaptations to the recipes

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Snacks

A delicious collection of snacks for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blueberry Muffins

Recipe serves: 1
preparation time: 20 mins
cooking time: 35 mins

Skill Rating

Novice Expert
Blueberry Muffins

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Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix together KetoCal, baking powder, coconut flour and ground almonds with the butter
3. Add beaten egg, a squirt of sweetener and the milk. Add blueberries to the mixture once in the mould
4. Cook for 30 mins or until golden
5. Remove from oven and allow to cool on a wire tray

Ingredients:
- 10g KetoCal 3:1 Powder
- 1g carb free Barkat baking powder
- 9g TRS or East End coconut flour
- 14g ground almonds
- 4g butter
- 20g egg
- Hermesetas liquid sweetener
- 14g semi-skimmed milk
- 20g blueberries

Chef’s tip:
- Use silicone muffin tray to make muffins easier to remove
- To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray
- Muffins can be frozen

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Bacon Muffins

Skill Rating

Recipe serves: 1
preparation time: 20 mins
cooking time: 35 mins
Cheese and Bacon Muffins

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Ingredients:

10g KetoCal 3:1 Powder
5g butter
9g almond flour
7g grilled crispy bacon rashers
2g carb free Barkat baking powder
5g cheddar cheese
10g TRS or East End coconut flour
10g egg
10g semi-skimmed milk
5g onions

Chef's tip:

Use silicone muffin tray to make muffins easier to remove
To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray
Muffins can be frozen

Method:

1. Preheat oven to 170°C/gas mark 3
2. Mix all the ingredients together and place in the mould
3. Cook for 30 mins or until golden
4. Remove from the oven and allow to cool on a wire tray

Please refer to your dietitian before making any adaptations to the recipes
Chocolate Muffins

Skill Rating
Novice ★ ★ ★ ★ ★
Expert ★ ★ ★ ★ ★

Recipe serves: 1
preparation time: 20 mins
Cooking time: 35 mins
Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix all the ingredients together and place in the mould
3. Cook for 30 mins or until golden
4. Remove from the oven and allow to cool on a wire tray

Ingredients:
- 10g KetoCal 3:1 Powder
- 4g butter
- 14g almond flour
- 1g carb free Barkat baking powder
- 9g TRS or East End coconut flour
- 20g egg
- 14g semi-skimmed milk
- 1g custard powder
- 2g Bournville cocoa powder
- Hermesetas liquid sweetener

Chef’s tip:
- Use silicone muffin tray to make muffins easier to remove
- Please take care not to use drinking chocolate
- Muffins can be frozen
- To batch bake, multiply ingredients by how many muffins you wish to make and divide mixture into equal amounts in muffin tray

Please refer to your dietitian before making any adaptations to the recipes
Cinnamon and Blueberry Toast

**Skill Rating**

Novice ⭐⭐⭐⭐⭐

Recipe serves: 1

Preparation time: 10 mins

Cooking time: 10 mins
Cinnamon and Blueberry Toast

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Method:
1. Preheat oven to 170°C/gas mark 3
2. Mix together KetoCal with milk, baking powder, egg, a squirt of liquid sweetener and water in bowl
3. Chop blueberries into small pieces and add to mixture with a pinch of cinnamon
4. Place mixture on a sheet of baking paper
5. Spread out thinly in a 6” square
6. Cook for 10 mins or until golden brown

Ingredients:
30g KetoCal 3:1 Powder
9g whole milk
2g carb free Barkat baking powder
17g egg
Hermesetas liquid sweetener
2g water
21g blueberries
Pinch of cinnamon

Please refer to your dietitian before making any adaptations to the recipes
Savoury Crackers

Skill Rating

Novice
Expert

Recipe serves: 4
Preparation time: 10 mins
Cooking time: 15 mins
**Savoury Crackers**

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**Method:**
1. Preheat the oven to 190°C/gas mark 5
2. Mix KetoCal and water to form a batter
3. Whisk egg white into the mixture
4. Divide into 4 and spoon onto baking parchment
5. Use a spatula to shape each into a 2” circle and sprinkle cheese on top
6. Cook until golden brown, then turn over, cook for a further 5 minutes until crisp
7. Once cooked remove and cool on a wire tray

**Ingredients:**
- 14g KetoCal 3:1 Powder
- 7g water
- 11g egg white
- 4g grated cheddar cheese

**Chef’s tip:**
Why not add dried herbs to mixture to change the flavour

*Please refer to your dietitian before making any adaptations to the recipes*
Cheese Wrap

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 10 mins
Cheese Wrap

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### Ingredients:
- 20g KetoCal 3:1 Powder
- 1g Gia tomato puree
- 1g wholemeal wheat flour
- 2g Gia garlic puree
- 15g egg
- 7g grated cheddar cheese
- 5g water

### Method:
1. Preheat oven to 190°C/gas mark 5
2. Mix KetoCal with tomato puree, flour, garlic puree, egg and cheese in a bowl
3. Add water and mix to a smooth paste
4. Spread mixture on a baking tray and cook for 10 mins or until golden brown
5. Allow to cool on a wire tray before serving

### Chef’s tip:
Alternatively, instead of cooking wraps in the oven why not dry fry in a small frying pan

Please refer to your dietitian before making any adaptations to the recipes
Savoury Muffins

Ingredients:
- 8g KetoCal 3:1 Powder (Unflavoured)
- 10g East End coconut flour
- 8g ground almonds
- 2g carb free Barkat baking powder
- 4g butter
- 8g beaten egg
- 6g Original Alpro soya milk
- 8g grated cheddar cheese
- 6g finely chopped spring onion
- 6g back bacon rashers (dry fried)

Method:
1. Preheat oven to 170°C/gas mark 3
2. Place KetoCal powder, coconut flour, ground almonds and baking powder in a bowl and mix together
3. Melt butter and add with egg and soya milk to dry ingredients, mix together
4. Combine grated cheese, spring onions and bacon, mix thoroughly
5. Spoon mixture into muffin tray
6. Cook for 30-35 mins
7. Remove from oven and allow to cool

Chef’s tip:
- Use silicone muffin tray to make the muffins easier to remove
- To bulk bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray
- Muffins can be frozen

Chef’s tip:
- Use silicone muffin tray to make the muffins easier to remove
- To bulk bake, multiply ingredients by how many muffins you wish to make and divide mixture in equal amounts into muffin tray
- Muffins can be frozen

Please refer to your dietitian before making any adaptations to the recipes

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Savoury Muffins

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 35 mins
Turkey Haslet Scotch Egg

Skill Rating

Novice Expert

Recipe serves: 1
Preparation time: 15 mins
Cooking time: 10 mins
**Turkey Haslet Scotch Egg**

**Approx per serving**

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**Ingredients:**

- 30g KetoCal 3:1 Powder (Unflavoured)
- 2g spring onion
- 15g mushrooms
- 10g back bacon rasher (dry fried)
- 20g minced turkey
- 15g olive oil
- 24g beaten chicken egg white
- 24g quail eggs (2)
- 10g carrot

**Method:**

1. Finely chop spring onion, mushroom, bacon and turkey, mix with 15g olive oil and beaten egg
2. Mix in KetoCal powder
3. Hard boil quail eggs and remove shells
4. Roll turkey mix around eggs, fry in remaining oil
5. Serve with grated carrot

Recipe developed by the Addenbrooke’s specialist Ketogenic team

Please refer to your dietitian before making any adaptations to the recipes
Yorkshire Pudding with Gravy

Skill Rating

Recipe serves: 4
Preparation time: 15 mins
Cooking time: 15 mins
Yorkshire pudding with Gravy

Method:
1. Preheat oven to 200°C/gas mark 6
2. Add KetoCal 3:1 to egg, flour and baking powder, mix in Calogen and water to form a batter
3. Place oil in Yorkshire pudding tin and heat for 10 mins
4. Remove from the oven and pour in batter mix
5. Return to the oven and bake for 10-15 mins
6. Make up gravy and serve with Yorkshire puddings

Ingredients:
18g KetoCal 3:1 powder (Unflavoured)
16g beaten egg
1g plain white wheat flour
2g carb free Barkat baking powder
13g Calogen
10g water
10g olive oil
16g instant gravy granules

Recipe developed by the Addenbrooke's specialist Ketogenic team

Please refer to your dietitian before making any adaptations to the recipes
Cinnamon and Blueberry Breakfast Cereal

Skill Rating

Recipe serves: 5
preparation time: 25 mins
Cinnamon and Blueberry Breakfast Cereal

Ingredients:

- 30g KetoCal 3:1 powder
- 2g butter
- 25g ground almonds
- 30g blueberries
- 2g ground cinnamon
- 10g water

Method:

1. Preheat oven to 160°C/gas mark 3
2. In a bowl, mix all ingredients (except water) together until a crumbly texture
3. Add water and mix into a ball
4. Gently roll small amounts of mixture with fingers into balls
5. Place on oven tray and bake for 8-10 mins
6. Divide baked balls into 5 separate portions

Approx per serving (1 serving = 1 ball):

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Please refer to your dietitian before making any adaptations to the recipes.
Main Meals

A delicious collection of main meals for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Cheese and Tomato Pizza

Skill Rating

Recipe serves: 1
Preparation time: 15 mins
Cooking time: 15 mins
Cheese and Tomato pizza

Ingredients:
20g KetoCal 3:1 Powder
1g olive oil
18g beaten egg
5g water
29g canned chopped tomatoes
2g Gia sundried tomato puree
1g Gia garlic puree
10g grated cheddar cheese
Dried herbs

Method:
1. Preheat oven to 165°C/gas mark 3
2. Mix KetoCal with olive oil, egg and water in a bowl
3. Spread mixture onto a lightly greased baking sheet in a 6” circle
4. Mash tomato with sundried tomato puree and garlic puree
5. Spread mixture on top of pizza base
6. Sprinkle on the cheese and add a pinch of herbs
7. Cook for 15 minutes or until golden

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Fat exchange value: 2.1

Please refer to your dietitian before making any adaptations to the recipes
Cauliflower Cheese

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 10 mins
Cauliflower Cheese

Method:
1. Preheat oven to 160°C/gas mark 2/3
2. Mix KetoCal, oil, 5g cheese, water and cream in a small pan
3. Stir on the heat until the cheese has melted (do not boil)
4. Place cauliflower into a dish, cover with cheese sauce and sprinkle the remaining cheese on top
5. Cook in oven for 6 mins

Ingredients:
10g KetoCal 3:1 Powder
3g olive oil
10g grated cheddar cheese
15g water
12g fresh single cream
50g boiled cauliflower

Approx per serving | MKD exchange value
---|---
Fat | 16g
Protein | 5.9g
Carbohydrate | 2g
kcal value | 176
Ketogenic ratio | 2:1

Please refer to your dietitian before making any adaptations to the recipes
Mushroom and Spinach Curry

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 5 mins
Mushroom and Spinach Curry

Method:

1. Heat oil in a pan
2. Add mushrooms, pepper, spring onion, tomato puree, garlic puree and cook on a medium heat for 5 mins
3. Add chopped tomatoes, curry powder and spinach, cook a further 5 mins on low heat
4. Mix the KetoCal with water to form a paste, then add to the curry sauce and serve

Ingredients:

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15g KetoCal 3:1 Powder
4g olive oil
28g chopped mushroom
12g chopped green pepper
5g spring onion
1g Gia tomato puree
1g Gia garlic puree
33g canned chopped tomatoes
1g curry powder
20g spinach leaves
5g water

Please refer to your dietitian before making any adaptations to the recipes
Cheese and Onion Tomato Tart

Skill Rating

Recipe serves: 1
preparation time: 10 mins
cooking time: 12 mins
Cheese and Onion Tomato Tart

Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour, wholemeal flour, KetoCal into a bowl, rub in butter with fingertips
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix tomato, spring onion, egg and 2.5g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 minutes or until golden brown

Ingredients:

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15g KetoCal 3:1 Powder
10g TRS or East End coconut flour
2g wholemeal wheat flour
3g butter
5g water
7g chopped raw tomato
8g chopped spring onion
30g egg
5g grated cheddar cheese

Please refer to your dietitian before making any adaptations to the recipes.
Cheese and Ham Tart

Skill Rating

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
Cheese and Ham Tart

Method:
1. Preheat oven to 160°C/gas mark 2/3
2. Place wholemeal flour, coconut flour and KetoCal in a bowl, rub in butter with fingertips
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. Mix ham, mushroom, egg and 2.5g cheese together and fill tartlet tin
6. Sprinkle remaining cheese on top
7. Cook for 10-12 minutes or until golden brown

Ingredients:
15g KetoCal 3:1 Powder
2g wholemeal wheat flour
10g TRS or East End coconut flour
3g butter
5g water
6g chopped ham
5g mushroom
24g beaten egg
5g grated cheddar cheese

Please refer to your dietitian before making any adaptations to the recipes
Cod in Tomato Sauce

Skill Rating
Novice Expert

Recipe serves: 1
preparation time: 20 mins
**Cod in Tomato Sauce**

**Ingredients:**
- 10g KetoCal 4:1 powder (Unflavoured)
- 4g olive oil
- 4g Gia garlic puree
- 7g chopped spring onion
- 3g Gia tomato puree
- 30g tinned chopped tomatoes
- 21g cod
- Pinch of oregano

Please refer to your dietitian before making any adaptations to the recipes.

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**Method:**
1. Place 2g olive oil, garlic puree, spring onion and tomato puree in a pan and cook for 5 mins.
2. Add chopped tomatoes and cook for further 3 mins, add a pinch of oregano.
3. Cover cod with remaining 2g olive oil and grill for 10-15 mins until cooked.
4. Stir KetoCal into tomato sauce until dissolved (do not boil) and pour over cooked cod, serve immediately.
Cheese Omelette

Skill Rating

Recipe serves: 1
Preparation time: 15 mins
Cheese Omelette

Ingredients:
7g KetoCal 4:1 powder (Unflavoured)
23g egg white
9g egg yolk
4g olive oil
2g grated Parmesan cheese
16g finely chopped tomato

Method:
1. Beat together egg white, egg yolk, KetoCal and 2g olive oil
2. Heat remaining 2g olive oil in small frying pan until hot and pour in the mixture, use spatula to ensure all ingredients are cooked
3. After about 5 secs, move edges of setting omelette to centre of pan with a fork, at same time tilt pan quickly in all directions so that uncooked egg flows around edges. Continue until mixture is lightly set and top moist
4. Add cheese and chopped tomato and place under grill to cook top
5. Fold omelette in half and serve

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Please refer to your dietitian before making any adaptations to the recipes
Cheese and Mushroom Scrambled Eggs

Skill Rating

Novice ★★★★★ Expert

Recipe serves: 1
Preparation time: 10 mins
Cheese and Mushroom Scrambled Eggs

Ingredients:

- 10g KetoCal 4:1 powder (Unflavoured)
- 28g egg white
- 15g egg yolk
- 3g olive oil
- 10g water
- 3g grated Parmesan cheese
- 4g finely chopped mushroom

Approx per serving

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Method:

1. Add olive oil to a frying pan and heat gently
2. Beat the remaining ingredients together
3. Add the mixture to the pan and whisk gently until the mixture is cooked through and a scrambled consistency is achieved

Please refer to your dietitian before making any adaptations to the recipes
Minced Beef in Tomato Sauce

Skill Rating

Novice Expert

Recipe serves: 1
preparation time: 20 mins
Minced Beef in Tomato Sauce

**Ingredients:**

- 10g KetoCal 4:1 powder (Unflavoured)
- 4g olive oil
- 25g minced beef
- 3g Gia garlic puree
- 7g chopped spring onion
- 3g Gia tomato puree
- 30g tinned chopped tomatoes
- Pinch of oregano

**Method:**

1. Place olive oil, minced beef, garlic puree, spring onion and tomato puree in a pan and cook for 10 mins
2. Add chopped tomatoes and cook for further 5 mins, add pinch of oregano
3. Stir KetoCal into sauce until dissolved (do not boil) and serve immediately

**Approx per serving**

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Please refer to your dietitian before making any adaptations to the recipes
Chicken Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
Chicken Curry

Ingredients:

10g KetoCal 4:1 powder (Unflavoured) 3g Gia tomato puree
9g olive oil 3g Gia garlic puree
20g diced raw chicken 20g tinned chopped tomatoes
20g chopped mushroom 2g curry powder
10g chopped green pepper 10g water
10g chopped spring onion

Method:

1. Place oil in saucepan and heat, add chicken, mushroom, pepper, tomato puree, spring onion and garlic puree and cook on medium heat for 10 mins
2. Add chopped tomatoes, curry powder and water, cook for further 10 mins on low heat
3. Mix KetoCal into the curry (do not boil) and serve immediately

Please refer to your dietitian before making any adaptations to the recipes
Lentil Curry

Skill Rating

Recipe serves: 1
preparation time: 35 mins
# Lentil Curry

**Method:**

1. Place oil in saucepan and heat, add mushroom, pepper, spring onion, tomato puree, curry powder and garlic puree and cook on medium heat for 10 mins.

2. Add chopped tomatoes, boiled lentils and water, cook for further 10 mins on low heat.

3. Mix KetoCal into curry (do not boil) and serve immediately.

**Ingredients:**

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10g KetoCal 4:1 powder (Unflavoured)  
7g olive oil  
14g chopped mushroom  
10g chopped green pepper  
10g chopped spring onion  
3g Gia tomato puree  
2g curry powder  
3g Gia garlic puree  
20g canned chopped tomatoes  
15g boiled red lentils  
10g water

Please refer to your dietitian before making any adaptations to the recipes.
Turkey and Sage Tart

Skill Rating

Novice  Expert

Recipe serves: 1
Preparation time: 30 mins
Turkey and Sage Tart

Ingredients:

- 12g KetoCal 3:1 Powder
- 3g butter
- 4g grated cheddar cheese
- 14g East End coconut flour
- 11g cream cheese
- 15g beaten egg
- 2g olive oil
- 7g sage and onion stuffing
- 15g roasted turkey
- 5g water

Approx per serving

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Method:

1. Preheat oven to 160°C/gas mark 2/3
2. Place coconut flour and KetoCal into bowl and rub in butter with fingertips
3. Sprinkle water over top and mix until becomes stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing pastry into edges
5. In a bowl, mix together cream cheese, egg, olive oil, turkey, cheese and stuffing, spoon into pastry case
6. Place on oven tray and cook for 10-15 mins

Please refer to your dietitian before making any adaptations to the recipes
A delicious collection of sauce and soup recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Green Pepper and Tomato Soup

Skill Rating
Novice Expert

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
Green Pepper and Tomato Soup

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Method:
1. Place pepper, garlic puree, tomato puree and oil into a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock and tomatoes to vegetables and simmer for 10 mins
4. Add KetoCal LQ to soup and heat for a further min
5. Blend until smooth

Chef’s tip:
To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared.

Ingredients:
60ml KetoCal 4:1 LQ (Unflavoured)
29g chopped green pepper
2g Gia garlic puree
2g Gia tomato puree
2g olive oil
2g chicken stock cube
100g water
46g canned tomatoes

Please refer to your dietitian before making any adaptations to the recipes
Mushroom Soup

Skill Rating

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 15 mins
**Mushroom Soup**

*Approx per serving MKD exchange value*

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<tr>
<td>Ketogenic ratio</td>
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**Method:**

1. Place spring onion, mushroom, oil and garlic puree into a pan and sweat for 4 mins
2. Dissolve stock cube in hot water
3. Add stock to vegetables, simmer for 10 mins
4. Add KetoCal LQ to soup and heat for a further min
5. Blend until smooth

**Ingredients:**

- 54ml KetoCal 4:1 LQ (Unflavoured)
- 22g chopped spring onion
- 79g chopped mushrooms
- 2g olive oil
- 2g Gia garlic puree
- 3g chicken stock cube
- 70g water

**Chef’s tip:**

To make multiple servings, multiply ingredients by how many servings you wish to make and divide mixture evenly once prepared.

Please refer to your dietitian before making any adaptations to the recipes.
Tomato Sauce

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins

Skill Rating
Novice 🌟🌟🌟🌟🌟
**Method:**

1. Place olive oil, garlic puree, spring onion, mushroom and tomato puree in a pan and cook for 5 mins
2. Add tomatoes and cook for a further 2-3 minutes
3. Stir in KetoCal until dissolved

**Ingredients:**

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**Chef’s tip:**

To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Try adding mixed herbs or oregano to further flavour the sauce

Please refer to your dietitian before making any adaptations to the recipes
Cheese Sauce

Skill Rating
Novice

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins
Cheese Sauce

Method:
1. Place KetoCal LQ, milk and cheese in a pan
2. Heat slowly and stir until cheese has melted

Ingredients:
- 40ml KetoCal 4:1 LQ (Unflavoured)
- 10g whole milk
- 11g grated cheddar cheese

Chef’s tip:
To batch make sauce multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

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Desserts

A delicious collection of dessert recipes for you to enjoy.

Please note that all the recipes are examples and intake is dependent on age, body weight and medical condition. Always consult with a specialist dietitian before commencing a ketogenic diet.
Blackberry Crumble

Skill Rating

Expert

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
1. Preheat oven to 150°C/gas mark 2

2. Place KetoCal, butter, corn flour, coconut flour and a squirt of sweetener in a bowl

3. Rub in butter with fingertips to make fine crumbs

4. Place blackberries in a small ovenproof dish and cover with the crumble topping

5. Cook in preheated oven for 10 mins

**Ingredients:**

- 15g KetoCal 3:1 Powder
- 3g butter
- 1g corn flour
- 6g TRS or East End coconut flour
- Hermesetas liquid sweetener
- 49g blackberries

**Chef’s tip:**
To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts.

**Method:**

1. Preheat oven to 150°C/gas mark 2

2. Place KetoCal, butter, corn flour, coconut flour and a squirt of sweetener in a bowl

3. Rub in butter with fingertips to make fine crumbs

4. Place blackberries in a small ovenproof dish and cover with the crumble topping

5. Cook in preheated oven for 10 mins

Please refer to your dietitian before making any adaptations to the recipes
Raspberry Crumble

Skill Rating

Novice  Expert

Recipe serves: 1
Preparation time: 10 mins
Cooking time: 10 mins
Raspberry Crumble

Method:
1. Preheat oven to 150°C/gas mark 2
2. Place KetoCal, butter, corn flour, coconut flour and a squirt of sweetener in a bowl
3. Rub in butter with fingertips to make fine crumbs
4. Place raspberries in a small ovenproof dish and cover with the crumble topping
5. Cook in preheated oven for 10 mins

Ingredients:
- 15g KetoCal 3:1 Powder
- 3g butter
- 1g corn flour
- 6g TRS or East End coconut flour
- Hermesetas liquid sweetener
- 52g raspberries

Chef's tip:
To batch make crumble multiply ingredients by how many servings you wish to make and divide mixture into equal amounts

Please refer to your dietitian before making any adaptations to the recipes
Pancakes

Skill Rating

Recipe makes 3 pancakes
preparation time: 10 mins
cooking time: 10 mins
Pancakes

Method:
1. Melt butter, stir in egg and milk then mix well
2. Mix KetoCal and water into the mixture
3. Add spray oil to a frying pan and warm on medium heat
4. Cook until golden brown
5. Serve with raspberries

Ingredients:
26g KetoCal 3:1 Powder
2g butter
26g egg
4g water
9g skimmed milk
20g raspberries
Frylight spray oil

Please refer to your dietitian before making any adaptations to the recipes.
Chocolate Ice Cream

Skill Rating
Novice  Expert

Recipe serves: 5
Preparation time: 10 mins
Chilling time: 2–3 hrs
Chocolate Ice Cream

Method:
1. Mix together KetoCal, cocoa powder, water, milk, cream and a squirt of liquid sweetener in a freezer proof bowl
2. Place in freezer for 20 mins
3. Remove, then stir mixture until smooth
4. Repeat process twice more, then leave until frozen
5. Divide into 5 equal servings

Ingredients:
60g KetoCal 3:1 Powder
10g Bournville cocoa powder
190g water
96g whole milk
23g single cream
Hermesetas liquid sweetener

Chef’s tip:
Please take care not to use drinking chocolate

Approx per serving | MKD exchange value
--- | ---
Fat | 10.2g
Protein | 3g
Carbohydrate | 2.1g
kcal values | 112
Ketogenic ratio | 2:1

Please refer to your dietitian before making any adaptations to the recipes
Strawberry Ice Cream

Skill Rating
Novice
Expert

Recipe serves: 3
Preparation time: 10 mins
Chilling time: 2–3 hrs
**Method:**

1. Chop strawberries into small pieces
2. Mix together KetoCal, strawberries, water, cream, vanilla extract and a squirt of liquid sweetener in a freezer proof bowl
3. Place in the freezer for 20 mins
4. Remove, then stir mixture until smooth
5. Repeat process twice more, then leave until frozen
6. Divide into 3 equal servings

**Ingredients:**

- 40g KetoCal 3:1 Powder
- 67g fresh strawberries
- 300g water
- 10g single cream
- 4 drops carb free vanilla extract
- Hermesetas liquid sweetener

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Please refer to your dietitian before making any adaptations to the recipes
Creamy Jelly

Skill Rating

Recipe Serves: 1
Preparation time: 10 mins
Chilling time: 2 hrs
Creamy Jelly

**Ingredients:**
- 100ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 5g Hartley sugar free jelly crystals
- 125g water

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**Method:**
1. Sprinkle jelly in hot water, stir until dissolved
2. Add KetoCal LQ to jelly and stir
3. Pour into a bowl or mould, chill until set

Please refer to your dietitian before making any adaptations to the recipes.
Egg Custard Tart

Skill Rating

Novice
Expert

Recipe Serves: 1
Preparation time: 20 mins
Cooking time: 12 mins
# Egg Custard Tart

**Ingredients:**
- 15g KetoCal 3:1 Powder
- 3g wholemeal wheat flour
- 11g TRS or East End coconut flour
- 4g butter
- 5g water
- 6g whole milk
- Nutmeg
- Hermesetas liquid sweetener
- 40g beaten egg

**Method:**
1. Preheat oven to 160°C/gas mark 2/3
2. Place KetoCal, wholemeal flour and coconut flour in a bowl, rub in butter with fingertips to make fine crumbs
3. Sprinkle water over the top and mix until it becomes a stiff crumbly pastry, roll into a ball
4. Line tartlet tin by pressing the pastry into edges
5. Beat milk, pinch of nutmeg and a squirt of liquid sweetener with egg and fill tartlet tin
6. Cook for 10-12 mins or until golden brown

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Please refer to your dietitian before making any adaptations to the recipes.
Custard

Skill Rating

Recipe serves: 1
Preparation time: 5 mins
Cooking time: 5 mins
**Custard**

**Ingredients:**
- 100ml KetoCal 4:1 LQ (Vanilla)
- 100g water
- 4g custard powder
- Hermesetas liquid sweetener

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**Method:**
1. Place KetoCal LQ and water in a pan, and heat slowly (do not boil)
2. Mix custard powder with 30ml cold water and add to mixture
3. Continue heating, stir until mixture begins to thicken
4. Add a large squirt of liquid sweetener and serve

Please refer to your dietitian before making any adaptations to the recipes.
Raspberry Crème Brûlée

Recipe serves: 1
Preparation time: 20 mins
Cooking time: 10 mins
Chilling time: 2 hrs
Raspberry Crème Brûlée

Method:

1. Beat egg yolks thoroughly
2. Mix together KetoCal LQ, cream, liquid sweetener and carb free vanilla extract in a bowl
3. Place bowl over a pan of hot water and heat mixture until hot
4. Pour hot mixture over egg yolk, beating all the time
5. Pour mixture into saucepan and heat, without boiling, stirring continuously until mixture thickens and it coats the back of a spoon
6. Add raspberries to a flameproof dish, pour mixture over the top and chill for 2 hrs
7. Remove from fridge, sprinkle the Truvia on top and cook under a hot grill until Truvia is golden brown

Ingredients:

50ml KetoCal 4:1 LQ (Vanilla)
30g single cream
Hermesetas liquid sweetener
2 drops carb free vanilla extract
40g egg yolk
40g fresh raspberries
1.5g Truvia sweetener

Please refer to your dietitian before making any adaptations to the recipes

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Strawberry Panna Cotta

Skill Rating

Expert

Recipe Serves: 1
Preparation time: 10 mins
Cooking time: 5 mins
Chilling time: 2 hrs
Strawberry Panna Cotta

Ingredients:

- 61ml KetoCal 4:1 LQ (Unflavoured or Vanilla)
- 18g single cream
- 13g Yeo Valley crème fraîche
- 4g Hartley sugar free jelly crystals
- 30g chopped fresh strawberries

Method:

1. Mix together KetoCal LQ, cream and crème fraîche in a bowl
2. Place bowl over a pan of hot water and heat mixture until hot
3. Pour hot mixture over jelly and beat until smooth, add strawberries
4. Pour into a bowl or mould and chill

Please refer to your dietitian before making any adaptations to the recipes

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